

| Study | A. | B. | C. | D. | E. | F. | Global Rating |
|---------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|----------------------|
| Levitsky et al., 2006a | * | *** | * | * | * | ** | * |
| Levitsky et al., 2006b | * | *** | * | * | * | ** | * |
| Gow et al., 2010 | * | *** | *** | * | *** | ** | * |
| Wadsworth & Hallam, 2010 | * | *** | * | * | *** | ** | * |
| Dennis et al., 2012 | * | *** | * | * | *** | *** | * |
| Greene et al., 2012 | * | *** | * | * | *** | ** | * |
| LaChausse et al., 2012 | * | *** | * | * | *** | *** | * |
| Harvey-Berino et al., 2012 | * | ** | — | * | ** | * | * |
| Kattelmann et al., 2014 | * | *** | *** | * | *** | * | * |
| Muñoz et al., 2014 | * | *** | *** | * | *** | * | * |
| Hebden et al., 2014 | * | *** | *** | ** | *** | *** | ** |
| Epton et al., 2014 | * | *** | *** | * | *** | ** | * |
| Bertz et al., 2015 | * | *** | *** | * | *** | ** | * |
| Cameron et al., 2015 | * | *** | *** | * | *** | * | * |
| Nikolaou et al., 2015 | * | *** | *** | *** | *** | * | * |
| Allman-Farinelli et al., 2016 | * | *** | *** | *** | *** | *** | ** |
| Schweitzer et al., 2016 | * | *** | *** | * | *** | ** | * |
| Wing et al., 2016 | * | *** | *** | ** | *** | *** | ** |
| Kerr et al., 2016 | * | *** | *** | * | *** | *** | * |
| West et al., 2016 | * | *** | *** | * | *** | *** | * |
| Lytle et al., 2017 | * | *** | *** | * | *** | *** | * |
| Ashton et al., 2017 | * | *** | *** | ** | *** | *** | ** |
| Chung et al., 2017 ^a | * | ** | — | * | * | * | * |
| Simons et al., 2018 | * | *** | *** | *** | ** | *** | ** |

Note: * = weak; ** = moderate; *** = strong. N/A = not applicable; — = unable/inappropriate to score

Components: A. Selection Bias; B. Study Design; C. Confounders; D. Blinding; E. Data Collection Methods; F. Withdrawals and Drop-outs

^aCohort (one group pre + post) design, therefore between group differences are not applicable